



Dear Parents,

We hope that you and your loved ones are safe and healthy. We know that COVID-19 has been disruptive and stressful to many and recognize that exercising and participating in activities like sports can be a healthy way to cope with stress and connect with our community. After careful thought and planning, we are excited to let you know that we plan to move forward with LTAA soccer and field hockey this fall.

The health and safety of our everyone involved is our highest priority. We will be following CDC considerations and NJ state guidelines to help ensure we lower the COVID-19 risk as much as possible while also allowing our athletes to play. We are:

- Reducing physical closeness or contact between players when possible by staggering our game start times, maintaining social distancing while on the bench, and discouraging unnecessary physical contact such as high-fives, handshakes, fist bumps, and hugs
- Reducing physical closeness of spectators by marking intervals of 6 feet on our sidelines and requesting families to minimize the number of spectators per player as much as possible to reduce crowd sizes and ensure social distancing
- Promoting healthy hygiene practices by not permitting shared water coolers, water bottles, or food between players, encouraging children to cover coughs and sneezes, and reminding them not to spit
- Requesting that coaches, youth sports staff, officials, parents, and spectators wear a cloth face covering during practices and games. Players will be encouraged to wear a cloth face covering on the sidelines and maintain social distancing. As a reminder, cloth face coverings should not be placed on children younger than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance

In addition, we will be requiring parents to sign a waiver prior to the start of the season stating that they will ensure their players for are free of COVID-19 signs and symptoms before each practice and game. We will provide a list of signs and symptoms to watch for.

Anyone who is sick or has been in contact with someone who has COVID-19—including players, family members, coaches, staff and spectators—should not attend practices or games.

If someone does get sick during practice or at a game, we have plans in place to isolate until they can be transported home or to a healthcare facility. If you have a specific question about this plan or COVID-19, please contact either the soccer commissioner, Rich Balzer ([balzerri@gmail.com](mailto:balzerri@gmail.com)) or the field hockey commissioner, Erica Balzer ([balzerel@gmail.com](mailto:balzerel@gmail.com)) for more information. You can also find more information about COVID-19 at [www.cdc.gov](http://www.cdc.gov).

We look forward to seeing you and your children on the field this fall!

Rich Balzer, Soccer Commissioner

Erica Balzer, Field Hockey Commissioner  
Stephanie Cahill, Field Hockey Commissioner  
Becky DiRe, Field Hockey Commissioner